***Pamela Malone***

***"Dare 2 Compare"***

C:\Users\Pam\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8I5MYATM\MC900389122[1].wmfThis activity is designed for middle school aged students, 12-14 years old, to compare their daily activity levels with the recommended activity level set by the National Association for Sport and Physical Education (NASPE) through the use of a Polar Active activity monitor for one week.

This program will address the following **NASPE standards:**

**Standard 3:** Participates regularly in physical activity.

**Standard 4:** Achieves and maintains a health-enhancing level of physical fitness.

**Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

This program will address the following **National Education Technology Standards ( NETS):**

**Technology Operations and Concepts**

**Students demonstrate a sound understanding of technology concepts, systems, and operations.**

**Students:**

a. understand and use technology systems

C:\Users\Pam\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\CEAJH7HL\MC900370448[1].wmfb. select and use applications effectively and productively

c. troubleshoot systems and applications

d. transfer current knowledge to learning of new technologies

**Objectives:**

1) The students will wear the Polar Active activity monitor for 24 hours a day for 1 week.

2) The students will record the activity data daily, based on very vigorous, vigorous, moderate, easy, very easy and sleeping categories into a spreadsheet.

3) The students will compile the week's worth of data into a bar graph, comparing their average weekly totals to the NASPE recommended 60 minutes of vigorous activity per day.

4) The students will analyze their results and determine areas of improvement or maintenance in regards to 60 minutes of daily vigorous activity..

5) The students will devise a specific plan with measurable goals to continue and/or encourage their daily 60 minutes or more of vigorous activity.

**Materials:**

1) One Polar Active activity monitor per student.

2) "Dare 2 Compare" spreadsheet handout indicating items to be recorded.

**Procedures:**

1) Each student will receive a Polar Active activity monitor to wear continuously for one week.

2) Instructional use on the activity monitor will be given prior to the start of usage, with a reference sheet on activity monitor functions also given.

3) Daily data collection should be recorded on the "Dare 2 Compare" spreadsheet given at the beginning of this assignment.

4) At the end of the 7 days, results should analyzed for comparison to NASPE recommendations.

5) Using data collected, put into bar graph for visual assessment of results.

6) Examine results and list 3 recommendations and/or goals for improving or maintaining current activity levels.

7) Devise a specific plan for achieving the goals listed, include suggested activities, most likely time of day to get active, what are some of the reason you are not active?, what can you do to change those behaviors? is there any reward levels that you could put into place for motivation?

**Assessment:**

1) Did the student wear the activity monitor for the 24 hour period/7 days a week?

2) Has the student recorded the raw data into the 6 categories on the provided spreadsheet?

3) Did the student transfer raw data into a bar graph with comparison to NASPE recommendation?

4) Has the student analyzed results with comments and determined their areas of improvement or maintenance.

5) Is the student's plan, specific, feasible and realistic to meet their measurable goals.

**Inclusion:**

This activity is designed for individual challenges. Regards of disability or limitations, adaptations can be made for each individual case. Whatever activity they are able to perform may encourage one of the various activity levels.